

# Mixed Relay briefing

Thursday 29<sup>th</sup> June



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



# Welcome and Introductions



- Marisol Casado (ESP), President World Triathlon Executive Board
- Renato Bertrandi (ITA), President Europe Triathlon
- Eriketti Margari (GRE), World Triathlon Team Leader
- Howard Vine (GBR), Technical Delegate
- Esther Sanchez (ESP) , Assistant Technical Delegate
- **Dr Cassandra Luca (ROU)**, World Triathlon Medical Delegate
- Dirk Bogaert (BEL), Head Referee
- Krzysztof Augustyn (POL), Sport Director
- Filip Szolowski (POL), Competition Manager

# Competition Jury



- Howard Vine (GBR) Chair      Technical Delegate European Games
- Renato Bertrandi (ITA)      President Europe Triathlon
- Karolina Turewicz (POL)      Polish Triathlon Federation Representative



# After Briefing



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- Race pack distribution
- The Team Coaches will nominate the team members on a declaration form to the Head Referee after the Briefing
- Teams not submitting a declaration form following the briefing (16:00 – 16:30) will be removed from the start list.
- Coaches can communicate a different team composition and/or order up to 2 hours before race start, to the Head Referee in the Athletes Lounge on race day between 07:30 – 08:00
- NOTE: These athletes must be listed on the declaration form otherwise the team composition communicated at the team relay briefing will remain in force

# Schedule and Timetables



## FRIDAY 30<sup>th</sup> JUNE

- 08:00 Bus transfer from athlete's village to Nowa Huta Lake venue
- 09:00 – 10:00 Swim course familiarisation  
Run course will be available for athletes
- 10:30 Bus transfer from Nowa Huta lake back to athlete's village

# Schedule and Timetables



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## SATURDAY

07:30 – 08:00	Team member changes to Head Referee in Athletes Lounge
07:30 – 09:30	Athletes' Lounge check-in
08:30 – 09:45	Transition Area check-in
08:40 – 09:40	Swim Warm-up for all athletes
09:45	Athletes' Introduction
10:00	<b>Mixed Relay Start</b>
11:55 – 12:10	Medal ceremony



# Schedule and Timetables



## Team officials entering the venue

- There is a shuttle service from the athlete's village to the venue on race day
- Saturday for Athletes & Coaches (individual race day accreditation Mixed Relay)
- Schedule
  - Athletes Village to Nowa Huta Lake                      Departs village at 07:00
  - Nowa Huta Lake to Athletes Village                      Departs venue at 14:00



# Schedule and Timetables - Bikes



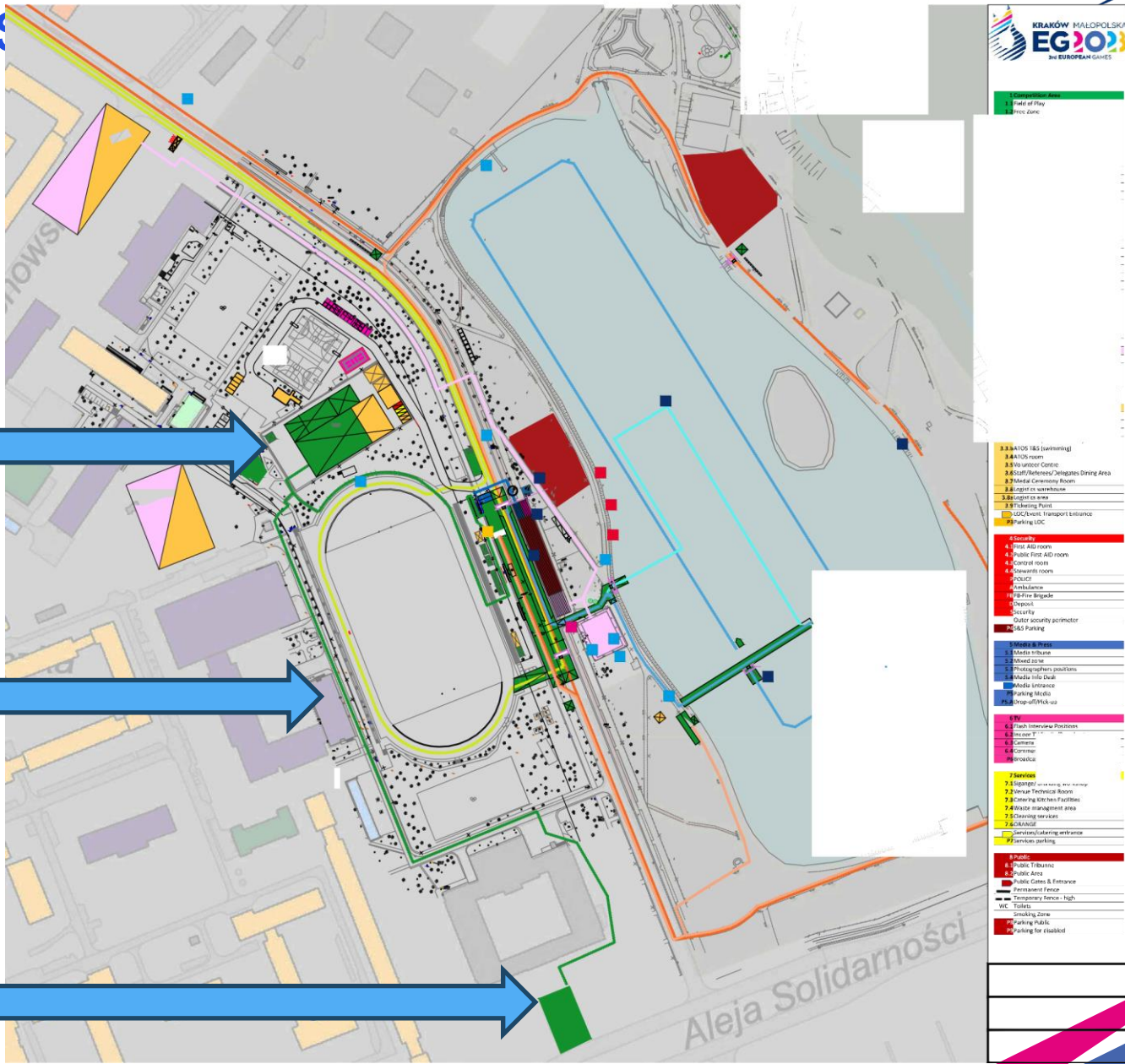
Friday 18:00 – 20:00 Pick-up from athlete's village of ALL bikes for race day on Saturday  
Saturday 13:00 – 14:00 Collection of ALL bikes from venue for return to athlete's village

Please number your bike with race number before delivering to pick up point at athlete's village

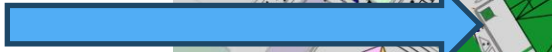
# Map Athletes' Lounge Check-in procedures



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Athletes Lounge



Route to Lounge



Athlete/coaches drop-off  
& collection point



# Check-in procedures



## Athletes Lounge (Bike check)

- Wheels and spare wheels (non authorized UCI wheels rule)
- Bring your spare wheels to the Bike Check for checking then take them to the Team Wheel Station
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Bike frame
- Saddle position (Men  $\leq$  -5cm # Women  $\leq$  -2 cm) - approved exceptions on World Triathlon website
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee at the end of the athletes' briefing
- Mechanic service available

# Check-in procedures



## Athletes' Lounge

- All Team members must check in together
- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution for 1<sup>st</sup> team member
- 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> team member will collect timing chip from relay zone
- Athletes MUST be in the relay check-in zone in time to collect chip/swim cap and be ready.
- Leave your bag in the Athletes' Lounge
- A further bag will be supplied at the Relay exchange zone for clothing – this will be taken back to the athletes' lounge at the end of the competition (Please ensure they are numbered)

# Check-in procedures



## Transition Area

- All Team members must check-in together
- Helmet check - Don't leave your helmet fastened in the transition

Any athlete who fails to comply with this rule will receive a 10 second time penalty in TA1.

- Running Shoes outside the box, helmet on the bike
- The bike must be racked in the 1<sup>st</sup> transition by the rear wheel and in the 2<sup>nd</sup> transition by either wheel.
- Last athlete (#4) nearest to the mount line
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

# Pre-start Procedures



## Athlete Introduction

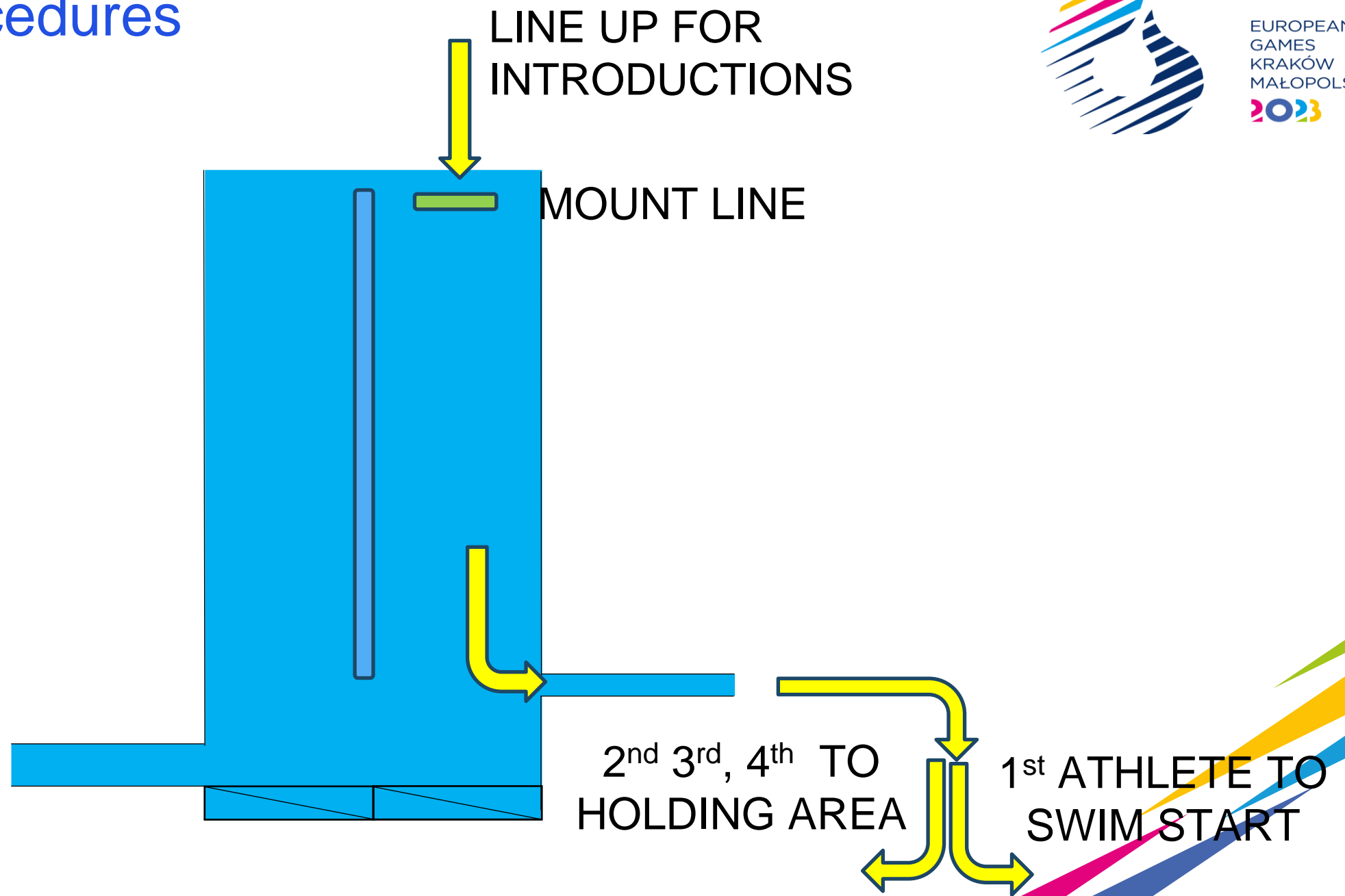
- 15 minutes before start - line-up in Transition by the Mount line
- Teams will be introduced together
- 1st athlete
  - Jog to the start platform
  - Select your position and stay behind the line!

Athlete blocking more than one place could result in DSQ

- 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> athletes go to the holding area by the exchange zone (lakeside)

# Pre-start Procedures

## Line-up map



# Start Procedures



## Athlete in position

- The start can be given any time after the Head Referee announces "On your marks"
- Electronic horn blast
- The race starts

Athletes not moving forward at the start will receive a 10 second time penalty in TA1.



# False-start Procedures



## False-start (many athletes)

- Several horn blasts
- Kayaks move in front of you
- Everyone goes back to her/his original start spot

## Valid start with early starters

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a **10 seconds penalty in TA1**.
- During the time penalty, the athlete **CANNOT** touch any equipment.

# The course



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**Swim**            1 lap of 300 mts

**Bike**            1 lap of 5 km

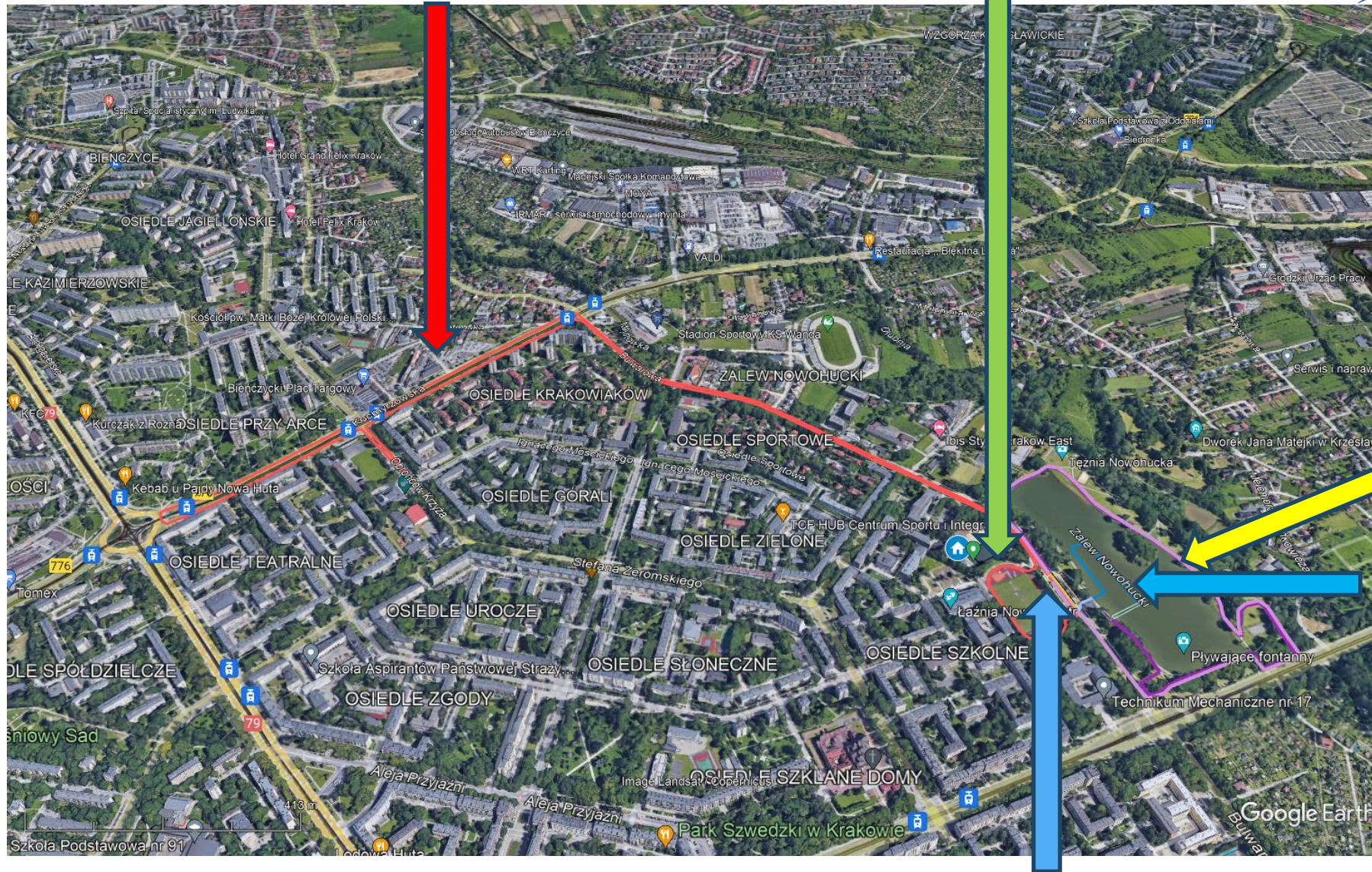
**Run**            1 lap of 1500mts  
Last athlete 1570 mts run to finish



# The course

BIKE COURSE

ATHLETE LOUNGE



RUN COURSE

SWIM COURSE

TRANSITION



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## Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to World Triathlon Arbitration Tribunal for potential suspension or expulsion.

# Swim conduct



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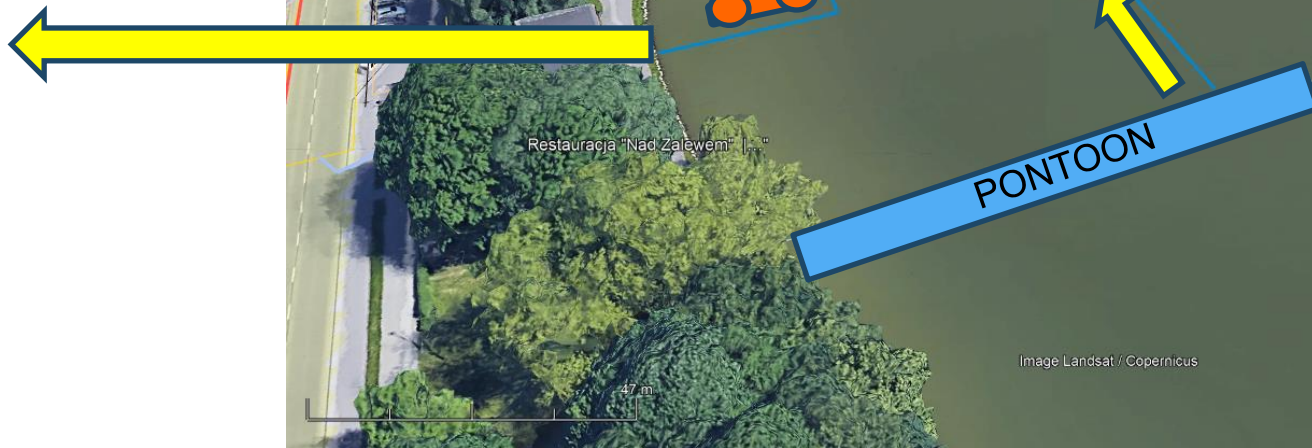
- There will be additional boats and Technical Officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infractions may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

# Swim course map



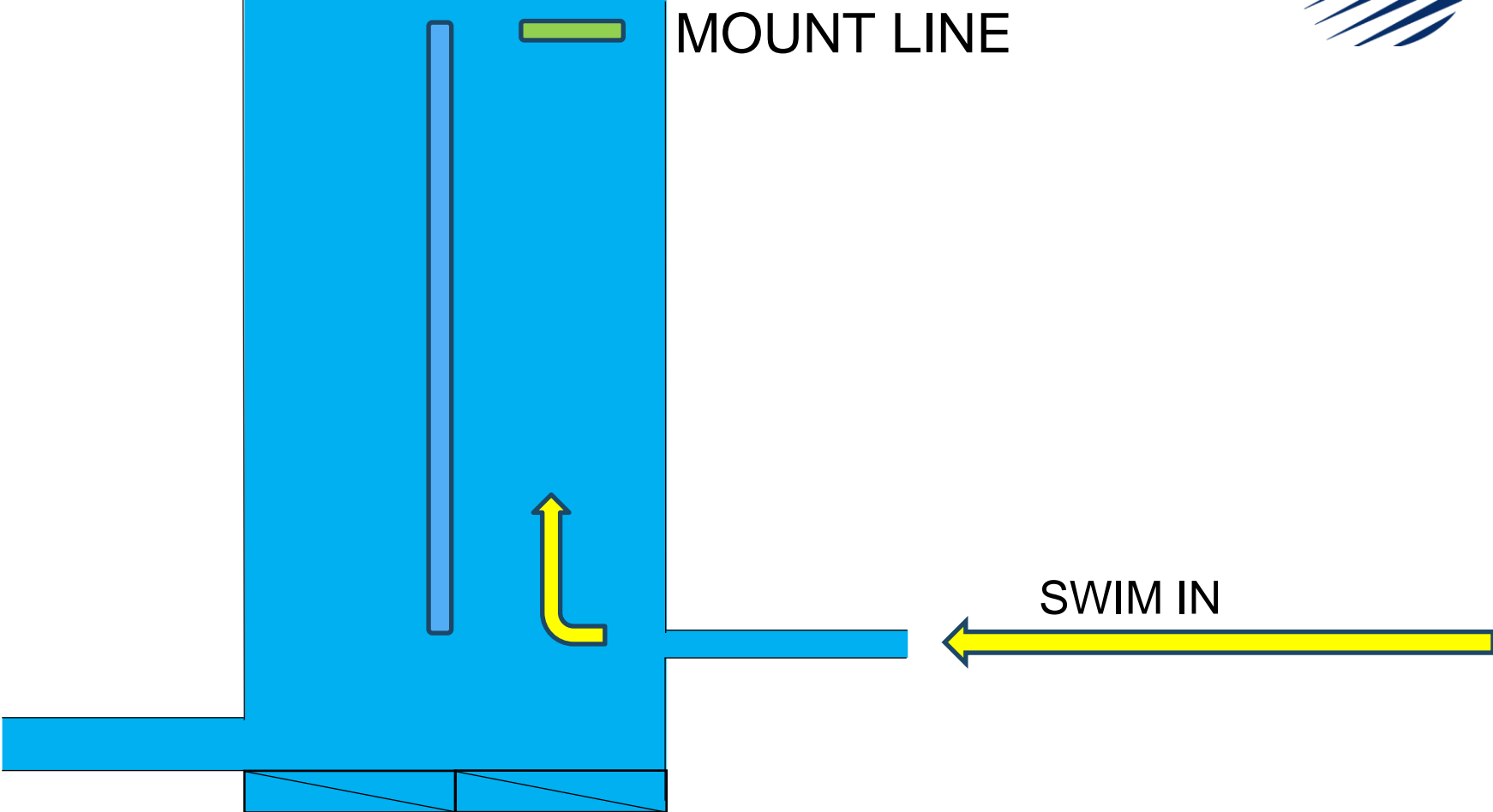
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EXIT TO  
TRANSITION



Dive start off the pontoon, swim anti-clockwise, leaving 1<sup>st</sup> & 2<sup>nd</sup> buoys on left shoulder.  
Leave the banana buoys on right shoulder turning into ramp and exit to transition

# Swim exit to TA



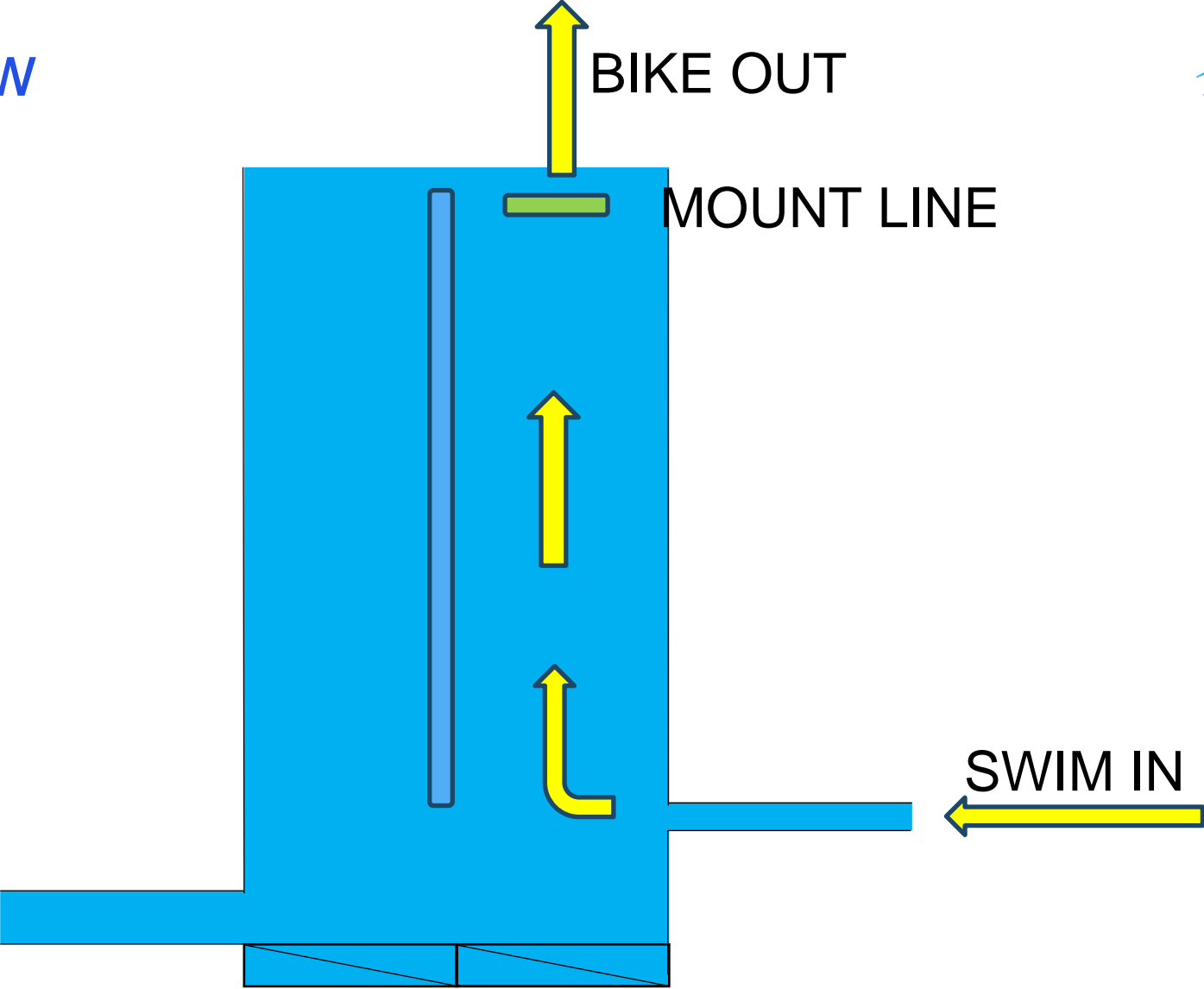


# Transition Area



- Swim Exit to Transition 40 mts
- Individual Bike Racks – two rows
- Team grouped by 4 racks next to each other on the same side
- Running shoes in front of the box, helmet on the bike
- All used equipment into YOUR box  
Failure to put equipment in your box = 10 second penalty on run PB
- Mount line at the end of the TA (**GREEN** line)
- Dismount line at the beginning of the TA (**RED** line)
- **IMPORTANT: After TA2 all equipment MUST be in the box – anything left on the ground will result in a 10 second penalty**

# Transition Flow



# Bike course

- 1 lap of 5 km
- Flat and fast with a narrow out and back section from the venue to the main road
- **EXTRA CAUTION: 2 narrow sections on this exit road with additional barriers reducing the road width (highlighted on map)**
- 2 Wheel Stations
  - 1 Neutral wheel station (location on the dog leg at the far end of the bike lap)
  - 1 Team wheel station (located by transition at this end of the bike lap)
  - For locations see the map
- Lap Counter: at the exit of transition
- Littering Zones – **At neutral wheel station at far end of course**



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# Neutral wheel station

## Wheel List

- 2x 700c Front wheels, 160mm roter disc brake
- 2x 700c Front wheels, 140mm roter disc brake
- 2x 700c Rear wheels with 11speed cassette, rim brake
- 2x 700c Rear wheels with 11speed cassette, 160mm roter disc brake
- 2x 700c Rear wheels with 11speed cassette, 140mm roter disc brake
- 2x 700c Rear wheels with 12speed cassette, 160mm roter disc brake
- 2x 700c Rear wheels with 12speed cassette, 140mm roter disc brake

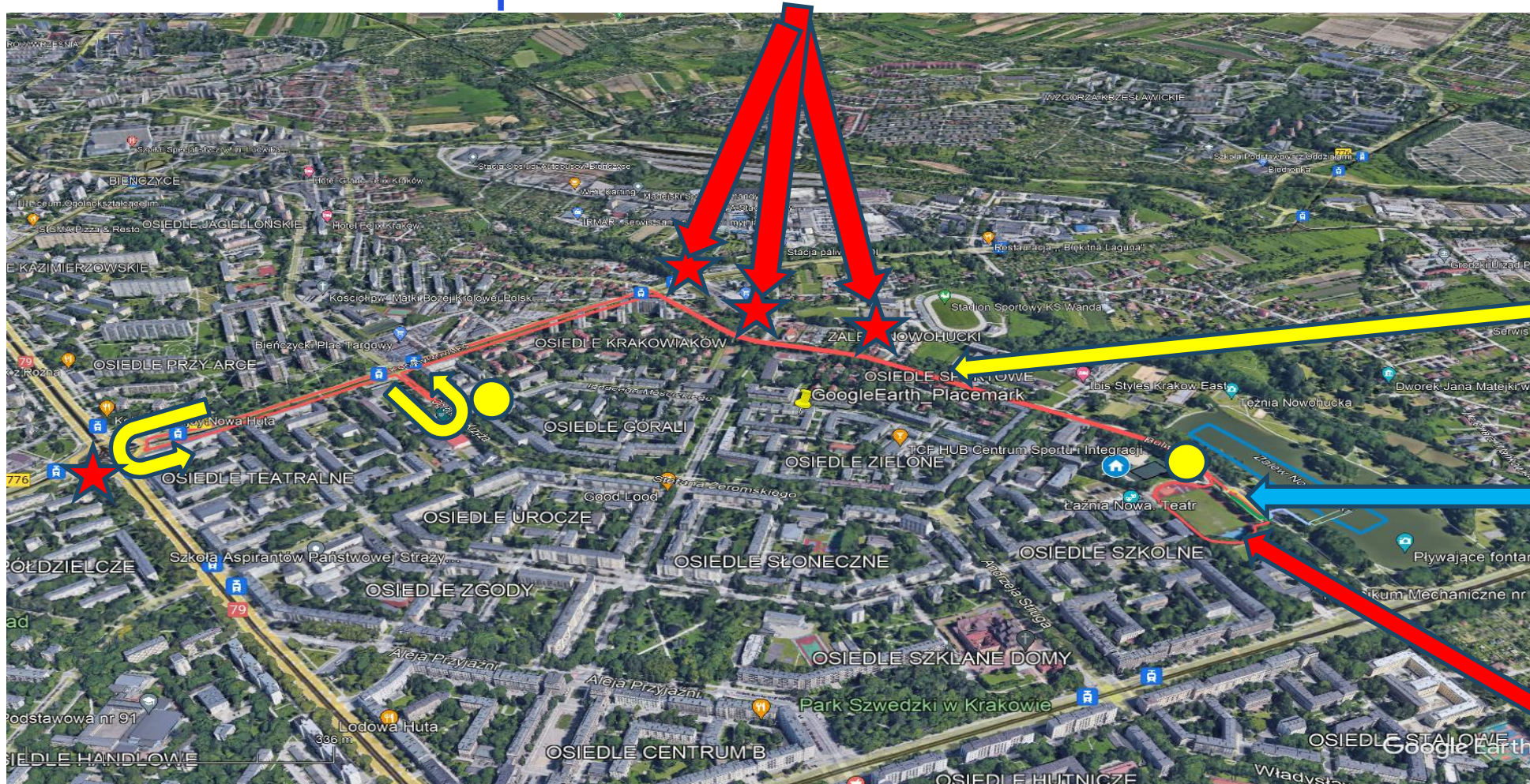


# Bike Course Map

**CAUTION  
NARROW**



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**BIKE COURSE**

**TRANSITION**

**WHEEL STATIONS**

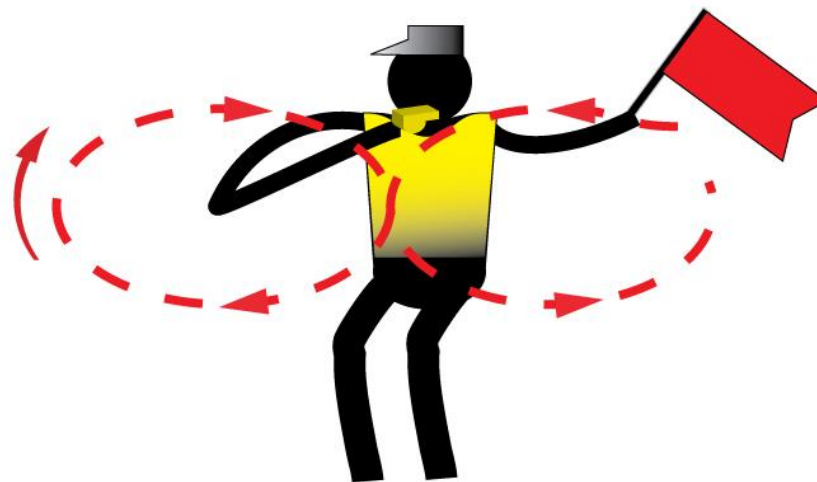
**STADIUM  
CIRCUIT**

Exit Transition onto bike course on right side of the road, in an anti-clockwise direction. On return to venue turn right through gate into the stadium, go around the track and dismount at exit gate at the far end, then turn left into Transition

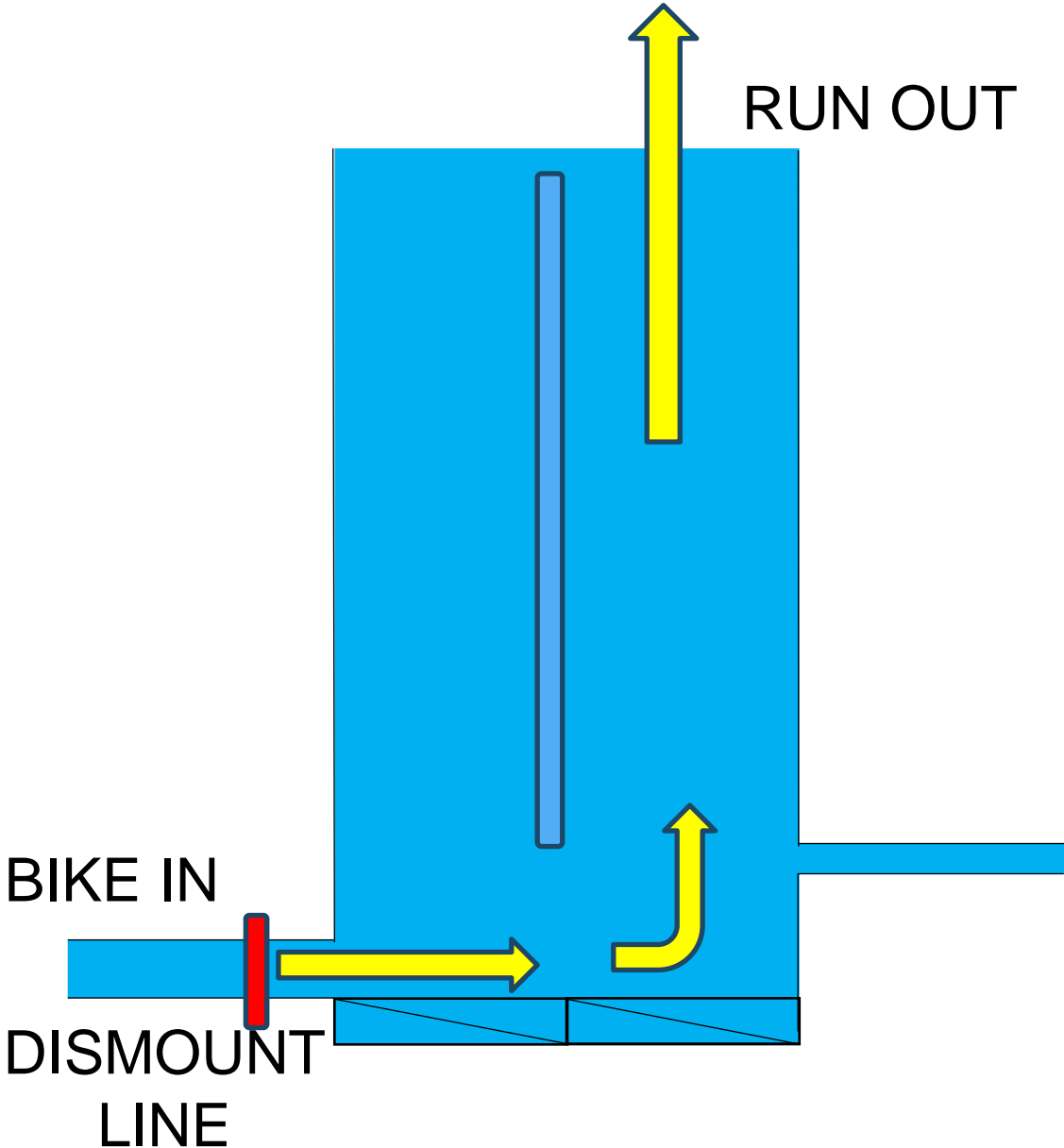
# Caution



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# Bike to Run



# Run course



- 1 lap of 1500 mts (4<sup>th</sup> athlete 1600 mts)
- Aid stations:
  - 2 per lap
  - For locations see the map
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Congestion in finish area:
- Go to mixed zone / recovery area

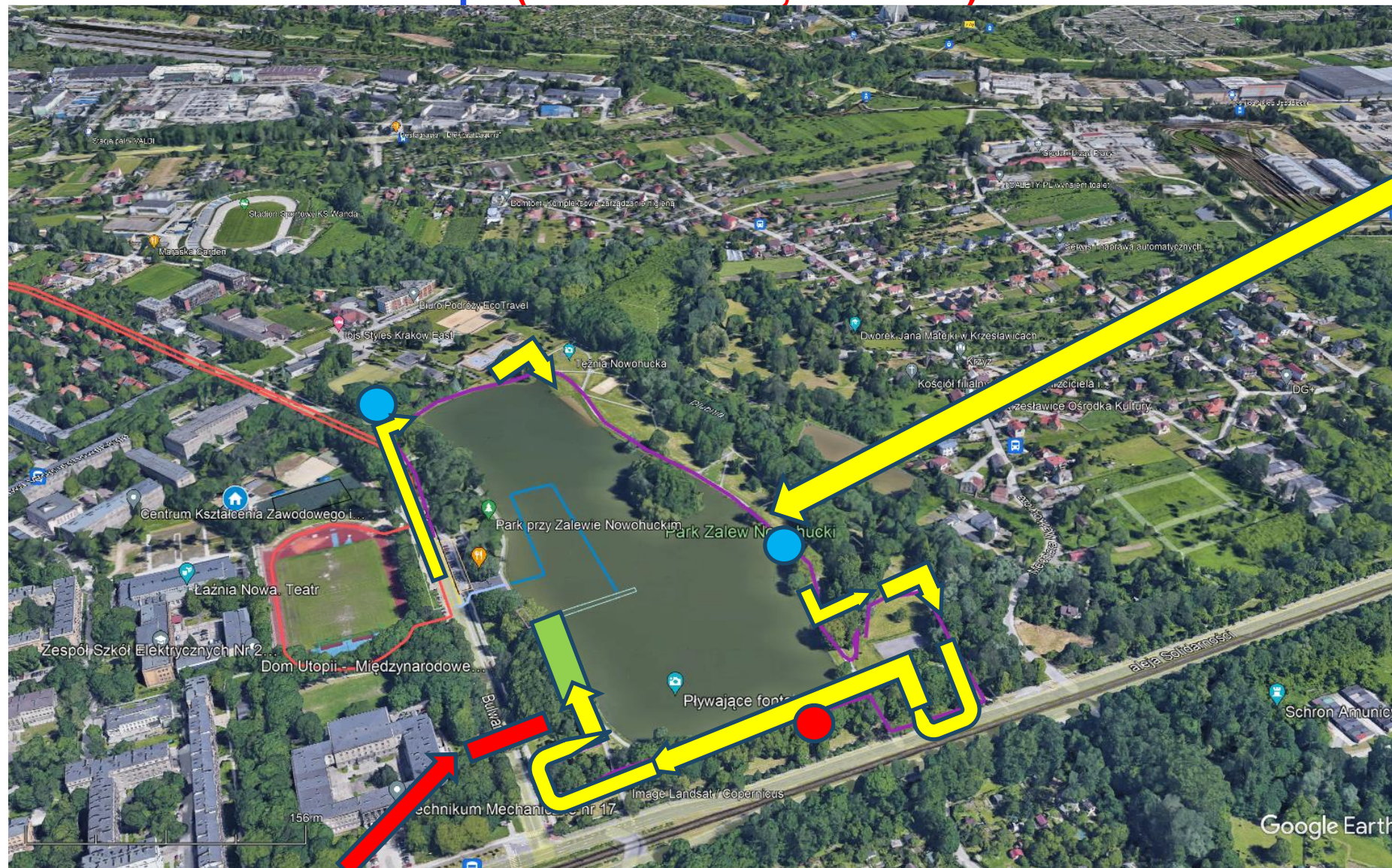




# Run Course Map (athlete 1, 2 & 3)



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RUN COURSE

● AID STATIONS

● PENALTY BOX

█ EXCHANGE ZONE

COACHES CROSSING

# Run Course Map (athlete 4 to finish)



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RUN COURSE

● AID STATIONS

● PENALTY BOX

**TO FINISH**

# Run Lap



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## **ALL ATHLETES**

Exit transition following the bike course along the road, turning right at the aid station on the corner of the lake, Follow the track around the outside of the lake.

## **ATHELETE 1,2,3**

At the far end of the lake at the junction, marked finish/lap, just past the penalty box, keep **RIGHT** (follow lap signage) back to the exchange zone by the swim start

## **ATHLETE 4**

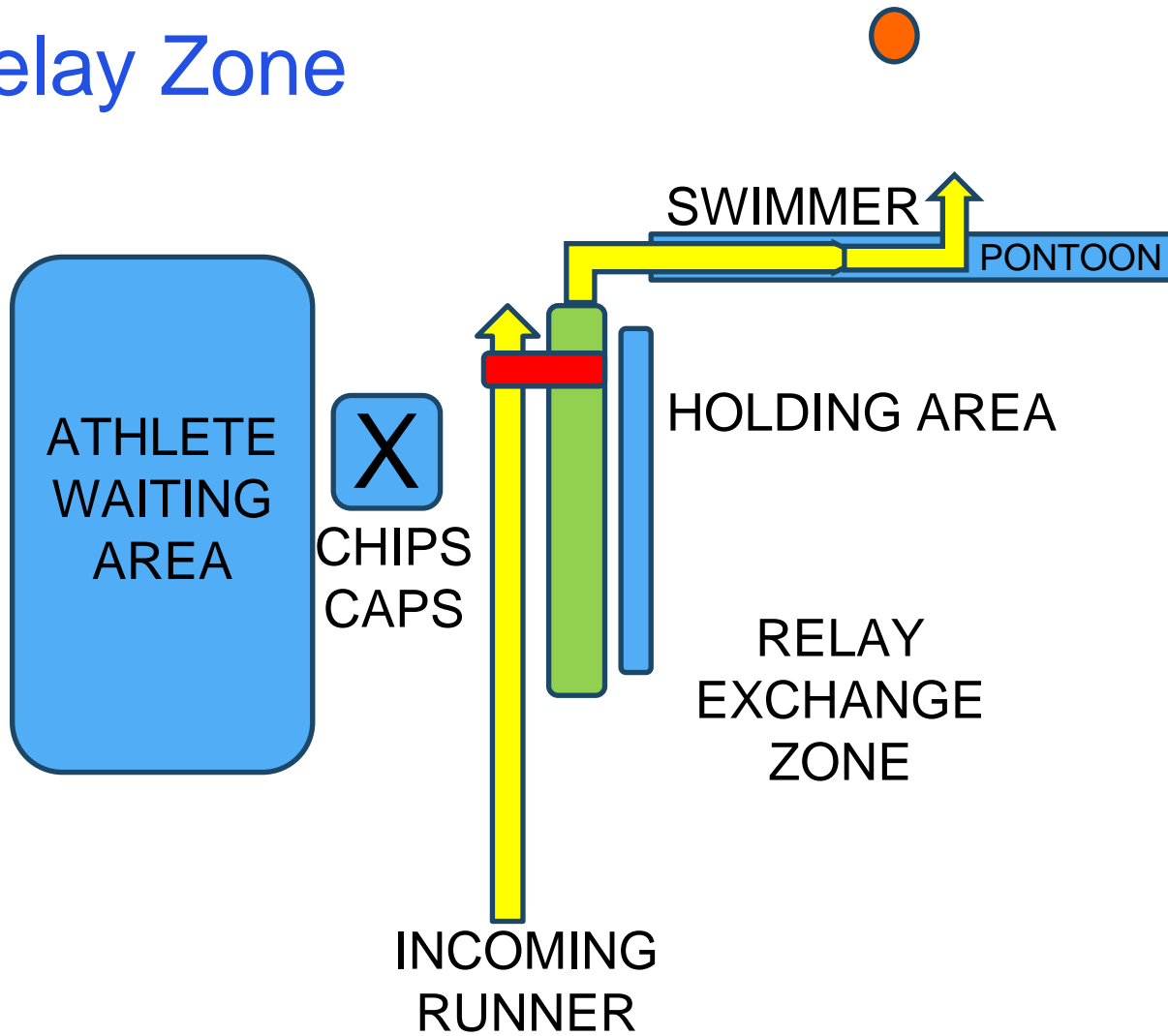
At the far end of the lake at the junction, marked finish/lap, just past the penalty box keep **LEFT** (follow finish signage) and continue straight on to the road. At the road turn right and continue to the finish

# Relay Zone

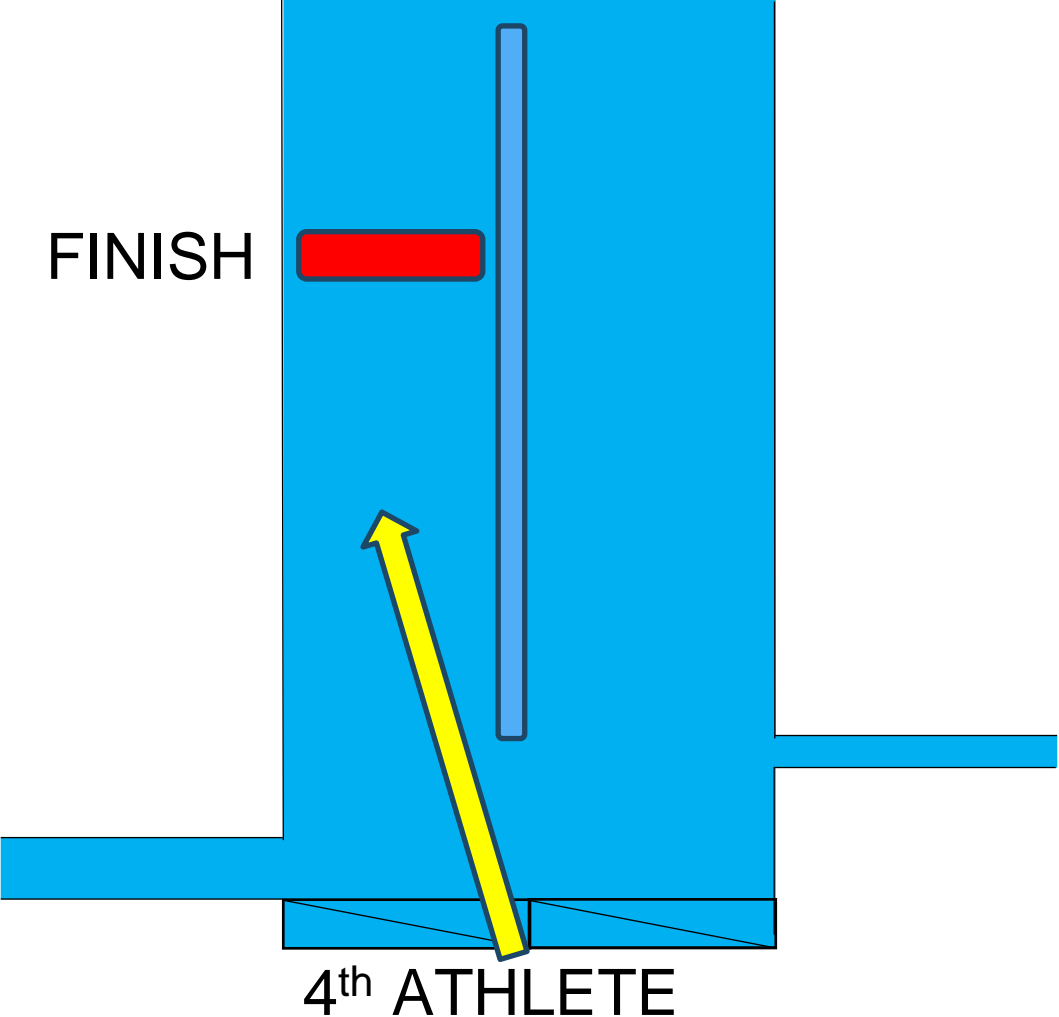


- Prior to the relay exchange, the athletes will wait in the holding area until the moment when the Technical official tells them to enter the relay zone at the finish.
- It is athletes' responsibility to be there, collect swim hat, timing chip and be ready
- The relay exchange from one team member to another will take place inside the Relay Exchange Zone”
- The relay exchange is completed by the incoming athlete, using their **hand** to contact the **body** of the outgoing athlete within the relay zone
- If the contact occurs unintentionally outside the relay zone, the team will get a 10 second penalty.
- If the contact occurs intentionally outside the relay zone or not completed, the team will be DSQ.
- Keep both feet behind the relay line

# Relay Zone



# Finish 4<sup>th</sup> athlete



# Run Penalty Box



- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** 200 mts from finish on run course (passed by all 4 athletes)
- **Information:** White board to show race numbers and letters to indicate violations
- (Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 10 seconds time penalty served on any lap of the run

Any member of the team can serve the penalty

Not stopping means **DSQ**

The athlete/team may then protest the penalty. Evidence will only be made available if a protest is filed.

# Run Penalty Box



## Rule interpretation

- **Mount after the mount line:** An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(M)**.
- **Dismount before the dismount line:** An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D)**.
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.



# Run Penalty Box



## Violations Abbreviations:

<b>Dismount Line</b>	D
<b>Mount Line</b>	M
<b>Swim Behavior</b>	S
<b>Run Behavior</b>	R

<b>Littering</b>	L
<b>Equipment outside the box</b>	E
<b>Bike Behavior</b>	B
<b>Other violations</b>	V

For example:

<b>12 D</b>	Team #12 received a time penalty for a dismount line violation
<b>12x2 ME</b>	Team #12 received 2-time penalties for mount line and equipment outside the box violations

# Post-race Procedures



- “Mixed Zone” - immediately after finish Teams 1, 2, 3 with host broadcaster first.
- Medal Presentation at **11:55**
- Athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.

# Ambush Marketing Rules



- For ceremony awards, please dress up with race uniform (or country uniform)  
*Ambush marketing rules apply.*
- Race caps/visors are allowed at the podium
- Ambush marketing is defined as:  
*“Deliberately using the opportunity of live television and media photographers to acquire additional exposure for your sponsor product, apparel or brand.”*
- Please follow the ambush marketing rule

# Post-race Procedures



## **Anti-Doping Control**

- Photo ID is needed for every athlete to have ready for Doping Control

## **Medical**

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

# Coaches Area



## Coaches

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

## Coaches' areas

- Alongside introductions at end of transition
- At start area
- Next to penalty box at end of lake

# Water Quality Assessment (Inland)



Enterococci	
Insert Sample Date	NMP/100mL
Location A	30
Location B	15
Location C	21
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
Location A	3
Location B	3
Location C	4
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	7
Location B	7
Location C	7
PH limit	6-9

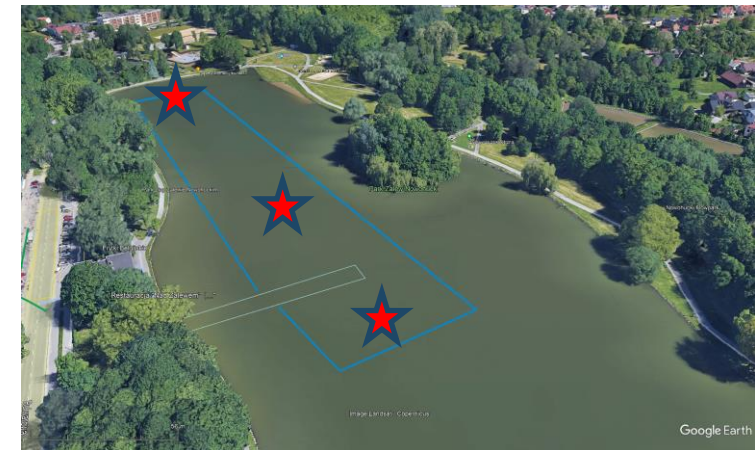
Weather forecast	
Day	Weather
Briefing (B)	Mostly clear, 10% chance of drizzle
B + 1	Cloudy
Race Day (Sat)	High chance of light rain

Weather forecast (cont)	
Day	Weather

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	09:15	Insert comments if necessary

**SUMMARY**

1 = 'Very Good Water Quality': (E.coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;



# Weather forecasts



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**Temperature  
in °C**

**Weather**

**Friday**

**23 °C**

Cloudy

**Saturday**

**26 °C**

25% chance of rain



# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://triathlon.org/about/safeguarding_policy)

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Have a good race!